

Family

Arts/Dance/Enrichment

Bridging the Cultural Divide

Immigrant Asian children and youth often lead a double life, immersed in American culture by day and traditional Asian family life in the evening. One world speaks English, encourages independent thinking, expression of emotions and exploring new freedoms. The other world does not speak English and expects collective thinking, keeping feelings to oneself and obeying without question. Examine parenting challenges in this cultural divide to improve family relationships and communication with schools.

Age: 7+

23105 Th Sep 20 6:30 pm-9 pm \$15 per family
Location: Rockville Sr. Ctr.

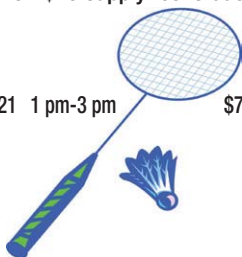
Fitness & Wellness

Badminton - Beginner/Intermediate ♥

Learn the basic strokes and techniques of badminton as well as the history, rules, and scoring of this Olympic sport. Note: Bring a racquet. For information on renting or purchasing a racquet, call 703-597-1376. \$10 supply fee is due to instructor at first class.

Age: 10+

22739 Su Sep 23-Oct 21 1 pm-3 pm \$78/\$92
Location: Twinbrook CRC/Thong



Climbing for Children and Parents ♥

Children will be taught the basics of climbing and safety, while parents are taught to belay. Course will provide necessary instruction to allow parents to bring children to Open Climbing nights. All equipment provided. Registration deadline is one week prior to start of class. Drop-in registrations welcome on a space-available basis. Additional child in same family pays \$20.

Age: 7-17

22978	M	Sep 10	7 pm-9 pm	\$35/\$39/\$20
22979	M	Oct 8	7 pm-9 pm	\$35/\$39/\$20
22980	M	Nov 12	7 pm-9 pm	\$35/\$39/\$20
22981	M	Dec 10	7 pm-9 pm	\$35/\$39/\$20

Location: Climbing Gym

Healthy Snacks Attack ♥

It's back to school and time to get back on track. The perfect time to start a healthy routine and learn about nutrition-- kid style. Join your kids and meet with a nutritionist to learn how to read a nutrition label, make some healthy snacks, and learn some kid-friendly facts of nutrition. Give your kids the opportunity to learn the nutrition information they need to eat a balanced, healthy diet for life- but in a fun, hands-on way! A fun and healthy activity!

Age: 8+

23114 Tu Sep 25 7 pm-8 pm \$10/\$12
Location: King Farm Com. Rm

Trips

Registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. If you should have any questions or concerns, please contact our Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years of age must be accompanied by an adult.

Biking - North Central Rail Trail #2 ♥

Enjoy a leisurely 20-mile bike ride along this beautiful trail, just north of Baltimore as Part #2 of this lovely bike ride along a historic rail line. Start your ride New Freedom, Pennsylvania and travel over nearly flat terrain to Hanover, Maryland. This shaded path of crushed stone follows the Gunpowder River for most of the trip. Cost includes transportation of you and your bike, leadership and map. Register by: 9/7.

Age: 8+

22988 Sa Sep 22 8 am-5 pm \$36/\$45
Depart From: Rockville City Hall

"Early Bird" Special

Earn Triple

Rockin' Reward Points!



Register for any Family or Adult Trip

August 14-16, 2007

Turn your points into \$\$\$ for future programs

Family



Flying Trapeze School ♥

Here is a new and exciting activity to include in your family album! Trapeze School of New York (TSNY) has come to Baltimore and offers a 2-hour introductory class for beginners where you actually fly! The magic of flying (with the aid of ropes, nets and helping hands) is a thrill that is unmatched. Anyone can participate, but keep in mind this is a physical activity and you will be sore following class. The class lasts from 3:30-5:30 PM. Registration is limited to 9 people per class. Cost includes transportation, class fees and leadership. Register by 10/1.

Age: 4+
 23000 Sa Oct 13 1 pm-7 pm \$59/\$64
 23001 Su Oct 21 1 pm-7 pm \$59/\$64
 Depart From: Rockville City Hall

C&O Canal Bike Series ♥

Bike the entire 184 miles of the C&O Canal, from Cumberland to Georgetown, in one-day trips. Earn a patch and certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Must be in good physical condition for this ride through history. Note: Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8627.

C&O #5 - Shepardstown to Point of Rocks

This 25 mile segment passes by Antietam Battlefield before our lunch stop at Harper's Ferry. Cost includes leadership and transportation of you and your bike. Register by October 10.

Age: 13+
 22986 Sa Oct 20 8 am-7 pm \$36/\$45
 Depart From: Rockville City Hall



Appalachian Trail Hiking Series ♥

Families and individuals catch a glimpse of the area's history and folklore. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8627.

Hike #1 Penn Mar to Raven Rock Hollow

A 5.8 mile hike along a beautiful and hilly section of the Appalachian Trail as it crosses the Mason-Dixon line into Maryland from Pennsylvania. The views give way to hawk and possibly eagle sightings. Cost includes leadership and transportation. Register by 10/17.

Age: 10+
 22985 Sa Oct 27 8 am-5 pm \$36/\$45
 Depart From: Rockville City Hall

Hike the Appalachian Trail in VA ♥

John Powers will lead this series of hikes on the Appalachian Trail in Northern Virginia. Each hike will be approximately 5-8 miles in length and the terrain varies for each section. Proper hiking shoes are recommended. Participants should be in good physical condition before attempting these hikes. Cost includes transportation and leadership.

Age: 8+
 22999 Sa Nov 10 8 am-6 pm \$36/\$45
 Depart From: Rockville City Hall

Christmas Spectacular Radio City Music Hall

Sunday, December 16

Kick off the holiday season with the Rockettes' Annual Christmas Spectacular in New York City. Take in the sites of Manhattan after the 12 pm show.

Cost includes luxury tour bus, transportation, ticket and leadership.

Register by 11/16 #22990

Departs City Hall 6:30 am, Returns 11 pm
 \$160 Resident; \$185 Nonresidents (ages 6+)